

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 9:00-Level 3-Liz 9:00-Med/Restore- Heather 10:30-Level 1-Carolyn (balls) 10:30- Ageless/Gentle- Sandy	2 9AM-Mixed Level-Liz 9AM-Mindful-Mary 10:30-6:30-200 Hr TT
3 10:00-6:00-200 Hr TT	4 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle- Sandy 6:00-Yin-Erin 6:00- Mindful Motion- Hip Flexors-Mary	5 9:00-Level 1-Christina 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Mary Lou 6:30-YogaMoves-Rodney 6:30-Level 1&2-Mary Lou	6 9:00-Ageless Lev 1&2- Neck&Shoulders-Christina 9:30-Yin-Sarah T 10:30-Gentle/Ageless- Carolyn 6:30-Level 3-Randi 6:30-Prenat-Christina	7 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle- Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	8 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle- Mary Lou	9 9AM-Mixed Level- Randi 9AM-Mindful-Jim
10 4pm-Restorative Flow- Randi	11 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle- Mary Lou 6:00-Yin-Sarah T 6:00- Mindful Motion- Balance-Mary Lou	12 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	13 9:00-Ageless Lev 1&2- Balance &Breath- Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless- Mary Lou 6:30-Level 3-Liz 6:30-Prenat-Christina	14 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle- Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	15 9:00-Level 3-Randi 9:00-Med/Restore- Heather 10:30-Level 1-Randi 10:30- Ageless/Gentle- Carolyn	16 9AM-Mixed Level-Kerry 9AM-Mindful-Mary
17	18 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle- Carolyn(balls) 6:00-Yin-Linda 6:00- Mindful Motion- Shoulders- Mary	19 9:00-Level 1-Sarah T 10:30-Level 3-Sarah T 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	20 9:00-Ageless Lev 1&2- Core & More- JoRoyce 9:30-Yin-Sarah T 10:30-Gentle/Ageless- Carolyn 6:30-Level 3-Liz 6:30-Prenat-Christina	21 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Kerry 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle- Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	22 9:00-Level 3-Liz 9:00-Med-Mary Lou 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle- Mary Lou	23 9AM-Mixed Level-Liz 9AM-Mindful-Mary Lou
24	25 Christmas	26 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Liz 10:30-Restore-Heather 5:00- Level 2 –Randi 5:00-Level 1-Christina 6:30-Vinyasa Flow-Randi 6:30-Level 1&2-Christina	27 9:00-Ageless Lev 1&2- Hips & Low Back-Carolyn 9:30-Yin-Linda 10:30-Gentle/Ageless- Carolyn 6:30-Level 3-Sarah O 6:30-Prenat-Christina	28 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle- Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	29 9:00-Level 3-Randi 9:00-Med/Restore- Heather 10:30-Level 1-Randi 10:30- Ageless/Gentle- Carolyn	30 9AM-Mixed Level-Kerry 9AM-Mindful-Liz
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